Strengthening Adult Self-Awareness and Self-Care to Reduce Burnout

COBI Module 300

Virtual training

Join us for a reflective introduction to the **Center for Optimal Brain Integration** (COBI) **Module 300**, facilitated by apprentices **Holly Harvan** and **Melynda Velasquez**, under the guidance of Founder, Julie Kurtz.
In this neuroscience-based training session, you will learn and explore skills to help manage stress, reduce burnout and compassion fatigue, and decrease reactive responses when supporting and co-regulating with children.

This training will help you build the internal capacity needed to remain grounded and compassionate while responding to children's needs, even in high-stress or emotionally charged situations.

Participants will learn to:

- **Understand** how stress impacts the body, brain, and behavior
- **Recognize** signs of burnout and compassion fatigue
- **Strengthen** self-awareness and identify personal stress signals
- **Access** grounding strategies during moments of emotional activation
- **Apply** regulation tools that support resilience and sustainability

2 Credit Hours

Register here!

Date:
Thursday, Dec. 10, 2026

Time:
6 - 8 pm

Audience:
Infant/Toddler, Preschool, and Pre-K/TK Educators and Support Staff; Special Ed Educators; Directors, Administrators, and Program Leaders

Must attend session in full to receive credit.

For questions, email ecesupport@sbceo.org

Santa Barbara County Education Office
Susan C. Salcido, Superintendent

Preschool & Child Care Quality Counts Santa Barbara County

This professional development opportunity is funded by the Inclusive Early Education Expansion Program (IEEEP) grant, in collaboration with COBI.